

VAPING

INFORMATION FOR PARENTS

Vape devices rapidly turn an e-liquid into an aerosol as the user inhales. Nearly all e-liquids and devices contain nicotine, though some may contain THC—the substance in marijuana and hemp that gives users a "high"—or other drugs of abuse. Some products can be spiked, tainted, or contaminated with toxic substances.

Devices come in a variety of shapes and sizes; many are small, sleek, and discrete. The aerosol produced is often not visible and the scent dissipates quickly, making a vaping habit easy to hide.

Most vape products contain nicotine

Nicotine is a highly addictive substance and is found in nearly all vape products. Even products advertised as "nicotine-free" have been found to contain some amount of nicotine. The forms of nicotine found in popular vape products are more potent and are delivered to the body more efficiently than the nicotine found in cigarettes, making vape products more addictive than ever.

Nicotine is known to increase the risk of future addictions to other substances. In the short term, **youth who vape are more likely to begin using marijuana products and traditional cigarettes** compared to youth who don't vape.



The aerosol produced and inhaled includes toxic chemicals like **formaldehyde, lead, and arsenic**, among others. Long-term exposure to the chemicals found in vape product aerosols is associated with increased risks of lung disease, kidney disease, leukemia, and negative effects on brain development.

Tips to help spot vaping:

1. Signs of nicotine addiction can include:
 - Increased irritability or restlessness
 - Feeling more sad, tired, or anxious than before
 - Difficulty concentrating or sleeping
 - Drop in grades or increase in disciplinary problems at school
2. Familiarize yourself with vape products. Know what devices, chargers, pods and cartridges, and e-liquid containers look like. Search for a vape shop online and you will find endless examples.
3. Nearly all vape products are flavored and are similarly scented. Although the scent dissipates quickly, odors of fruit, candy, or dessert may signal vape use.





5 Ways to Address Vaping With Kids and Teens

If you smoke, vape, or use nicotine products, try quitting

Having a family member who smokes or vapes increases the likelihood of your child using vape products. Have open discussions with your child about why you want to quit, the challenges you face, and why you want them to quit or avoid nicotine products.

Be supportive if they need help quitting

Have an honest discussion with your child to find out how much, how often, and what products they are using. Help them create a plan to quit. You may need to discuss quitting strategies with your child's doctor. Quitting resources can be found at teen.smokefree.gov/quit-vaping.

Communicate expectations and consequences

Establish rules for a smoke-free home and car, communicate your expectations as a parent, and discuss the consequences of vape product use.

Avoid places that allow vaping

Do your best to avoid public places that allow vaping. Seeing others vape contributes to the behavior becoming "normalized" to your child.

Encourage healthy habits

Encourage and model healthy habits for your child. Work together to develop and maintain a healthy diet and sleep schedule. Encourage regular exercise and spend time together as family. Model and discuss healthy ways to manage stress.

Drug Education Council offers free, anonymous juvenile drug screenings in Mobile and Baldwin Counties

Anonymous drug screens can provide a valuable prevention and intervention tool for parents and teens

Contact us for more information and for additional resources
(251) 478-7855
or visit us online at drugeducation.org